

CARE AND FEEDING OF YOUR DOCTORS, OR HOW TO GET WHAT YOU WANT
AND NEED FROM YOUR HEALTHCARE PROVIDERS:

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IC Information Center
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The following information was compiled and paraphrased from assorted nutritional advertisement brochures; acknowledgement of source is made if known:

How to Know If You Should Fire Your Doctor:

1. Does he/she think of you as a whole person, and not just a condition?
2. Does he/she talk to you about preventive measures you can take?
3. Does he/she show you things you can do to reverse disease?
4. Does he/she alert you to new therapies and drugs that can benefit you?

If you answered "no" to any of these questions, you should seriously consider finding a new physician.

Seven Health Lies You've Been Told (Julian Whitaker, M.D.)

1. You're not smart enough to understand how your body works. **WRONG.** Anyone can understand enough to make better choices in nutrition, exercise and their medical care.
2. You should leave all your health matters up to your doctor. **WRONG.** Your doctor's job is to cure illness, not to make you healthy. That's your job. Who cares more about your health, than you?
3. There's nothing you can do to have a healthier future anyway. **WRONG.** You can learn lots of things to do right in this support group and through reading of good health information available in your newspaper, magazines, and from medical discussions on TV.
4. You can't erase past health sins. **WRONG.** There are many safe ways to reverse even serious problems.
5. Achieving a healthy lifestyle is hard work. **RIGHT.** But it's one of the most rewarding things you can do for yourself.
6. It doesn't matter which doctor or hospital you go to when you get sick. **WRONG.** It pays to shop for the best medical care available.
7. All medical procedures, diagnostic tests and medicines suggested by your doctor are safe and effective. **WRONG.** Millions of people each year have surgical procedures and diagnostic devices used on them without any testing whatever. And you must know that nearly all drugs

have some side effects you should know about before you take them. [Over 100,000 individuals die each year because of wrong treatments/drugs in hospitals each year. Who knows how many die without being in a hospital for it to be documented?]

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"How to Get Through to Your Doctor When It Counts," by Victor Cohn, Washington Post Health Section, Oct. 2, 1995.

Here's how to get the doctor on the phone when it's REALLY important. BUT DON'T CRY WOLF!!!

1. Strongly say, "It's an emergency" or "It's really important" or "I'm in severe pain." Don't exaggerate, however, if you expect prompt attention in the future.
2. Realize that your doctor can't handle every call and you may have to accept some info from the staff. But you have the right to expect skill and courtesy from the staff as well as the doctor.
3. When you call, stick to the point. Be ready with notes of your exact symptoms. Take your temperature/BP if applicable. Know what medicines you've been taking or have on hand.
4. If you're not going to be home when the doctor might call, don't call until you plan to be there for the callback. Doctors tend to try once and if you're not there, that's it. If you must leave before the doctor calls, phone the office again and leave a number where you can be reached. Call waiting is great--at least you don't have to stay off the phone the entire day.
5. Don't call the doctor at 11 p.m. for a nonurgent matter. Call earlier in the day if you think you have a problem. But don't hesitate to phone anytime there is real worry. It may save your life. [Realize that you only have just one life of your own to save.]
6. Don't use phone calls to avoid making appointments. Unless a doctor sees you from time to time, you're a physiological stranger when you call. Doctors get irritated when patients habitually call for telephone advice but never come to the office.
7. Last advice: If you've been trying to reach your doctor and you don't get a callback and you think it's really an emergency, don't wait--go to the nearest hospital emergency room. Because doctors are real people, they too have real accidents, get caught in traffic, etc. Go to a hospital for help. The hospital staff can try to reach your doctor after you get there.

SOME RECOMMENDED BOOKS FOR READING ABOUT THE CARE AND FEEDING OF DOCTORS:

What Your Doctor Won't Tell You by Jane Heimlich, Harper Collins Publishers, 1990.

The Savvy Patient by David R. Stutz, et al., and Editors of Consumer Reports Books, published by Consumers Union of Mt.

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Vernon, NY 1990. Page 87: "Physicians interrupt frequently, usually to test their hypotheses. The doctor rarely lets the patient develop a story uninterrupted, with the first interruption occurring 18 seconds after the start of the conversation. During the bulk of the discussion, the physician will be more concerned with verifying his or her hypotheses by asking questions than with listening to patient-generated comments or questions." Page 19: ""Remember that physicians tend to diagnose very early in the visit, and then to stay with this early diagnosis even in the face of information that may not be supportive or that may even be contradictory. To allow for this, try to be as clear and direct as possible when you describe your symptoms and your concerns, taking time to establish in advance the order of the agenda for your office visit. If you suspect that you are being misunderstood, be persistent at the risk of repeating yourself."

Your Medical Rights--How to Become an Empowered Consumer, by

Charles B. Inlandere and Eugene I. Pavalon, Little Brown and Co., 1990. Page 125: "Relief of pain and suffering should be the fundamental goal of every physician, yet...research indicates that physicians chronically underprescribe medications, thereby causing patients needless suffering."

Be Your Own Doctor - A Positive Guide to Natural Living, by Ann Wigmore, Avery Publishing Group, NJ 1982.

What Your Doctor Didn't Learn in Medical School, by Stuart M. Berger, M.D., Avon Books, 1988. May help you get the best care from your doctor.

How to Stay Out of the Doctor's Office, an Encyclopedia for Alternative Healing, by Dr. Edward M. Wagner with Sylvia Goldfarb, published by Instant Improvement, Inc., NY 1992.

How to Live Between Office Visits by Bernie Siegel, M.D., a guide to life, love and health, Harper Collins Publisher, 1993; also author of Love, Medicine and Miracles.

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